



**COMEDY IN 140
CHARACTERS OR LESS
COMEDIANS POPULAR
ON TWITTER** {page 12}



DADS-TO-BE

**NEIL PATRICK HARRIS,
PARTNER PREP FOR
FATHERHOOD**

DISH {page 14}



EDMONTON

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Tuesday, August 31, 2010
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Passengers recall ordeal

► Ship was on cruise through the Northwest Passage Friday when it hit a rock that wasn't on the map ► No injuries reported among the 128 passengers and 69 crew



► Noelle Misko, left, from Edmonton, greets her aunt, Alice Cyr, at the Edmonton International Airport after Cyr spent three days stranded on the MV Clipper Adventurer, which ran aground on a voyage from Port Epworth to Kugluktuk, Nunavut.

First there was a loud shriek, then a sudden stop.

That's how passengers of the cruise ship Clipper Adventurer described running aground in the Northwest Passage in Canada's North late last week.

They flew south to Edmonton on a charter jet yesterday afternoon after spending more than two days waiting for a coast guard rescue.

"It was very frightening," passenger Ed Jeffer, 73, told reporters at the Edmonton

International Airport. "There was a loud shrieking sound from the hull of the ship, and the ship that was going 15 to 18 knots came to a dead stop within three or four seconds."

THE CANADIAN PRESS

Wellness

Buds are no friend to hearing

► Earbuds affecting teenagers' ability to hear ► Preset volumes to a softer maximum to prevent hearing loss, experts say {page 16}

Honey, I froze the kids

Leukemia patient has sperm frozen before radiation treatment {page 15}



Campaign kickoffs

Candidates launch drives for Edmonton mayor {page 3}

The work-life balance

Tips on how to protect your personal time {page 19}



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Dromarsky goes digital

For Daniel Dromarsky, running for mayor is just simple math.

The Edmonton financier has been crunching the numbers, and expects his mayoral campaign can make use of social media to mobilize what he considered disappointing voter turnout in previous years. And that many of voters can be swayed in his favour.

"I feel the mayor should be accessible (through various forms of media)," said Dromarsky, who an-



► Daniel Dromarsky

nounced his candidacy via email yesterday.

Dromarsky has said social networks like Twitter and Facebook will be big

parts of his campaign, which will focus on LRT expansion, getting a downtown NHL arena built and keeping the City Centre Airport open.

"LRT is important," Dromarsky said. "I look at Calgary and they're leaps and bounds ahead of us."

Dromarsky is @danformayor2010 on Twitter and can be found at his Facebook page, "If I get 75000 members from Edmonton I will run for Mayor."

● HARRY HODGE

News in brief

Councillor to run again

POLITICS. Karen Leibovici confirmed yesterday she will run in October's municipal election, and in the newly defined Ward 5. Elected MLA for Edmonton-Meadowlark in 1993, Leibovici held that seat for two terms. She was elected to council in 2001 and re-elected in 2004 and 2007.

● METRO EDMONTON

Two sought in violent robbery

ASSAULT. Police are seeking two suspects in connection with a violent assault early Saturday. Police say a 55-year-old man was beaten and robbed outside the Martini Lounge on 106 Avenue and 156 Street at about 12:30 a.m. The victim tried to leave the lounge with one of the suspects, a native female, and was followed by a second suspect, a native male. The victim is currently in stable but serious condition.

● METRO EDMONTON

In this corner, a new contender for mayor

► Daryl Bonar vows to battle for mayor's chair ► Cris Basualdo promises to back Bonar in campaign



ANDREAS MORSE
@METRONEWS.CA

Daryl Bonar is no stranger to a tough fight, and the mayoral candidate is expecting his campaign drive to be nothing but.

Bonar launched his fall campaign drive, revolving around the theme "Fight Back," at National Kickboxing.

"We are now less than two months from Oct. 18, it's time to put this campaign into high gear," said the Canadian Forces second lieutenant.

"This city needs leadership and someone in the mayor's seat who will be willing to make the hard decisions required to keep Edmonton great for all Edmontonians."

Bonar will not be alone

on the campaign battlefield, however; Cris Basualdo said she's ready to fight crime in the city's central Ward 6 neighbourhoods.

"I am a grassroots community advocate," said the Alberta Avenue resident.

"Having served on numerous resident-led boards and organizations, from community leagues to revitalization committees, over the better part of 15 years, I know a thing or two about working together with neighbours and organizations to achieve results locally."

Edmonton's municipal election takes place Oct. 18.



For more on the two candidates, visit their sites at

www.darylformayor.ca and www.crisbasualdo6.com.



► Daryl Bonar speaks at a press conference yesterday in Edmonton.



News on the move

- 1 Download the free ScanLife application with your smartphone at 2dscan.com
- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



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Festive season begins in Sherwood Park

► Festival Place kicks off 2010-11 season with Mickey Rooney
► More than 65 presentations



ANDREAS MORSE
@METRONEWS.CA

For the past 15 years, Festival Place has been known as the place for the performing arts in Sherwood Park.

Yesterday, the theatre east of Edmonton announced its lineup for the 2010-2011 season.

"We program on one basic idea," said Gavin Farmer, Festival Place's artistic director and facility supervisor. "No matter how many people are going to come out, what they're going to see is going to be excellent."

Theatre fans will be treated to everything from folk music, with acts like master guitarist Archie Fisher and Vancouver artists The Fugitives, to family-friendly

Loaded lineup

Festival Place kicks September off with a living legend.

- Sept. 15 Mickey Rooney & Jan Rooney: Let's Put on a Show!
- Sept. 17 Wishbone Ash
- Sept. 18 Marc Cohn
- Sept. 24 Classic Albums Live Presents: The Beatles — Abbey Road
- Sept. 25 Hemingway Corner

programming, like Caillou's Greatest Skate of All and Sussical Jr.

The season runs from September to April with shows added throughout the year.

For information or to buy tickets, visit festivalplace.ab.ca or call 780-449-3378.



► Classic Albums Live Presents: The Beatles — Abbey Road plays Sept. 24. Mickey and Jan Rooney, inset, kick off the Festival Place season on Wednesday, Sept. 15.

Study shows oilsands toxic to fish

A new study shows that heavy metals including lead and mercury which are being released from oilsands facilities into the air and water of northern Alberta are already above levels considered hazardous to fish.

The study, published yesterday in the Proceedings of the National Academy of Sciences, takes aim at the province's environmental monitoring and dismisses government claims that the contaminants come from natural sources.

"Contrary to claims made by industry and government in the popular press, the oilsands industry substantially increases the loadings of toxic (priority pollutants) into the Athabasca River and its tributaries via air and water

pathways," concludes the report.

"It's very difficult in many cases to attribute water-quality trends to one particular factor," said Kim Westcott of Alberta Environment.

THE CANADIAN PRESS

News in brief

Gaga laughs at missing 'o'

REXALL PLACE. An off-colour tweet by Lady Gaga during her recent stop in Edmonton has ruffled a few feathers. The megastar posted a

picture of the massive "This is Oil Country" sign along the catwalk at Rexall arena. The problem was, the "o" in country had been removed to set up a light for the show. The singer added the comment "Holy mother of laughter." However Mayor Stephen Mandel said he thought the joke was in poor taste.

THE CANADIAN PRESS

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Putin talks tough to press

Prime Minister Vladimir Putin disparaged Russian dissidents in crude street language in an interview yesterday, and said they would keep getting beaten if they continued to hold unauthorized rallies.

Putin also told journalists yesterday that it was "complete gibberish" that he continues to run the country.

"I'm tired of foreign policy," Putin told journalists travelling with him in Rus-

sia's Far East. He said President Dmitry Medvedev was handling it well and he saw no need to interfere.

In the interview published in the newspaper Kommersant, Putin defended his record and touched on a variety of topics, including foreign policy.

It was questions about the political opposition, though, that inspired the colourful language Putin seems to love.

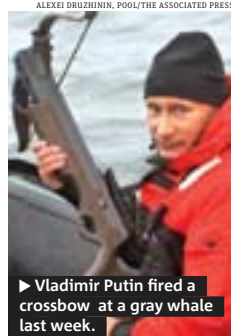
Putin predicted that

Russian police would keep breaking up opposition protests unless the dissidents obtain official permission to rally — permission they are routinely denied in central Moscow.

"You will be beaten upside the head with a truncheon. And that's it," Putin declared.

Opposition leader Boris Nemtsov said the interview showed Putin to be "dishonest, ignorant and evil."

THE ASSOCIATED PRESS



► Vladimir Putin fired a crossbow at a gray whale last week.

ALEXEI DRUZHININ, POOL/THE ASSOCIATED PRESS

Gunman kills 7 in Slovak capital

- Handout photo shows gunman wearing hearing-protection device
- Indicates he planned shootout

A gunman went on a rampage yesterday in Bratislava, Slovakia's capital, killing seven people and wounding 15, then committed suicide, officials said.

Five of the people killed were members of a Roma family who lived in an apartment where the man began his attack with a machine-gun and two pistols, said Interior Minister Daniel Lipsic. Roma often face discrimination in eastern Europe, but Lipsic and police Chief Jaroslav Spisiak said the gunman's motive was not known.

Another man shot and killed outside the building was "probably" also a member of the same family, Lipsic said.

The shooting took place at midmorning in the run-down Devinska Nova Ves neighbourhood on the out-

Details emerge

► Gunman was local The Slovak news agency TASR, referencing a police statement, identified the gunman yesterday as a 48-year-old local who was in legal possession of the weapons he used for the killing spree.

skirts of the Slovak capital. The five Roma who died in the apartment — four women and a man — lived in a brown high-rise building, Spisiak said.

Police rushed to the scene as the attacker, about 50 years old, was leaving the building, and he fired indiscriminately at people in the area, wounding 15, including a policeman and a three-year-old boy who was shot in the ear, Lipsic said. THE ASSOCIATED PRESS



THE ASSOCIATED PRESS/DAILY SME

► This image, provided yesterday by Slovakian newspaper Daily SME, shows a man identified as the gunman who killed seven people and wounded at least 15 in an attack in Bratislava, then committed suicide.

News in pictures

PHOTOS
1. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS
2. HANDOUT/CENTRAL IMAGE AGENCY
3. FILE PHOTO/THE ASSOCIATED PRESS
4. ADRIAN WYLD/THE CANADIAN PRESS
5. MIGUEL MEDINA/AFP/GETTY IMAGES



- 1 Solidarity founder Lech Walesa, right, shunned several of the movement's 30th anniversary sessions yesterday, saying he is disillusioned with the Polish trade union's current state. THE ASSOCIATED PRESS
- 2 The Canadian Medical Association Journal says provinces and territories should cover the cost of smoking-cessation programs and products to help tobacco users butt out. THE CANADIAN PRESS
- 3 NDP Leader Jack Layton is floating a last-minute compromise to try to save the long-gun registry and, perhaps, keep his political reputation from sinking. THE CANADIAN PRESS
- 4 A resurgence of bedbugs across the U.S. has homeowners and apartment dwellers taking desperate measures to eradicate the tenacious bloodsuckers, with some relying on dangerous outdoor pesticides and fly-by-night exterminators. THE ASSOCIATED PRESS
- 5 Iranian state media called France's first lady, Carla Bruni-Sarkozy, a "prostitute" yesterday in an unusual attack on the wife of a world leader. THE ASSOCIATED PRESS



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Grits debate how to deal with Tories

► Party feels 'invigorated,' says Nova Scotia MP ► Caucus chairman: Much has changed since 2009

Federal Liberals say they've got their mojo back.

But that doesn't necessarily mean they're ready to boogie onto the campaign trail.

Liberal MPs attending a caucus retreat yesterday at a Cape Breton resort are torn over how much longer they can prop up Stephen Harper's minority Conservative government.

For some, Harper's time is running out, but other Liberals were more cautious, suggesting they still have some work to do.

Liberal MPs seem uniformly thrilled with the party's modest momentum, which they credit to Liberal Leader Michael Ignatieff's summer-long, cross-country tour.

THE CANADIAN PRESS

State of the polls

Opinion polls indicate the Liberals aren't yet in position to win an election, although they've rebounded modestly from last spring when Harper's Tories opened up a 10-point lead.

► **Three-point deficit** A new The Canadian Press Harris-Decima poll released yesterday had the Liberals at 30 per cent, three points back of the Conservatives.

► **Margin of error** The two-week telephone survey of 2,020 respondents was conducted Aug. 19-29 and is considered accurate to within plus or minus 2.2 per cent, 19 times in 20.

Darfur. Free at last



► Freed U.S. aid worker Flavia Wagner, 35, right is escorted by a U.S. Embassy staffer yesterday upon her arrival at the airport in Khartoum, Sudan.

ADD RAOUF/THE ASSOCIATED PRESS

Kidnapped worker freed

A U.S. aid worker kidnapped four months ago in Sudan's troubled Darfur region has been freed, the Foreign Ministry said yesterday.

Prison sex scandal fascinates B.C. city

A report that two female prisoners had sex in an RCMP cell while jail staff watched via a video camera has people talking in Kamloops, B.C.

Mayor Peter Milobar is asking people to be patient and not pass judgment on those involved until all the details are known.

Milobar said he's unable to confirm reports that two women, one of whom might be HIV positive, were placed in the same cell Aug. 18 and began having sex.

Investigation

- The RCMP have said four Mounties are being investigated in relation to the incident, but no official details have been released.
- Three Kamloops city employees are also said to have been involved.

It's been reported that RCMP and civilian staff watched the encounter but did nothing to stop it.

THE CANADIAN PRESS

Teen sues over fight with police

A black teen who attended the city's performing arts high school claims three white police officers wrongfully assumed he was involved with drugs when they beat him, then allegedly conspired to concoct a cover story for their actions, according to a federal lawsuit filed yesterday.

Miles' allegations were

Just bad luck?

- Jordan Miles, a violinist who attended the city's prestigious Creative and Performing Arts High School, contends he was walking after dark from his mother's home to his grandmother's when the three officers set upon him.

reviewed by the FBI and remain under investigation by the civil rights division of the Justice Department, a spokeswoman said.

THE ASSOCIATED PRESS

Posters take aim at Vatican gender rule

Some London buses are carrying a message for Pope Benedict XVI, urging him to admit women to the Roman Catholic priesthood.

The posters which began appearing yesterday are timed to be visible when the Pope is in London from Sept. 16 to the 19.

Pat Brown of the

Catholic Women's Ordination group says advocates of women's ordination are prohibited from discussing it within the church. She says not talking about it was "not the British way."

Benedict is expected to meet a female priest in London when he is at Westminster Abbey, but she is a member of the Church of England. THE ASSOCIATED PRESS

MySpace tries to play nice with Facebook

MySpace, which recently revamped itself to look more like Facebook, is now allowing users to sync their posts to Facebook.

That means people on Facebook can see their friends' MySpace items without leaving Facebook.

THE ASSOCIATED PRESS



ADRIAN WYLD/THE CANADIAN PRESS

Police open fire on demonstrators

Police opened fire with live rounds at rock-throwing Kashmiris yesterday, killing an 11-year-old boy and sparking violent street protests by thousands in India's portion of the troubled Himalayan region, a police officer said. At least 22 people were wounded in firing.

More than 60 people have died in anti-India

demonstrations and clashes between security forces and protesters in the volatile region since June. Anger against Indian rule runs deep in Kashmir, which is divided between Hindu-majority India and predominantly Muslim Pakistan, though claimed by both nuclear-armed nations in its entirety.

THE ASSOCIATED PRESS

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India ban on hold

► RIM has 60 more days to finalize security fixes on BlackBerry

India said it withdrew a threat yesterday to ban BlackBerry services for at least two more months after the device's maker, Research In Motion Ltd., agreed to give security officials "lawful access" to encrypted data.

The Ministry of Home Affairs, which wants real-time access to encrypted corporate emails and instant messaging, said in a statement it would review

RIM's security proposals over the next 60 days after the Department of Telecommunications studies the feasibility of routing BlackBerry services through a server in India.

It remains unclear precisely what concessions Research In Motion agreed to in order to avert the ban. The Waterloo, Ont.-based tech company had no immediate comment.

THE ASSOCIATED PRESS

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Yen. Gaining strength



► Bank of Japan governor Masaaki Shirakawa leaves after meeting with Prime Minister Naoto Kan in Tokyo yesterday.

KOJI SASAHARA/THE ASSOCIATED PRESS

Japan plans stimulus

Japan's central bank further eased monetary policy yesterday in response to a strong yen and growing political pressure to revive a faltering economy.

Canada still in the red: StatsCan

► Foreign investment in Canadian equities rebounds ► But goods surplus with U.S. shrank by \$2.3B

The country's current account deficit grew by \$2.6 billion in the second quarter to a total of \$11 billion, Statistics Canada said yesterday.

The agency said export growth slowed and imports grew, while a lower deficit in investment income flows was partially offset by a higher deficit in international trade in services. It was the seventh consecutive quarter of deficit in the current account.

The balance on trade in goods fell \$2.5 billion in the second quarter to return to a deficit, following two quarters of surpluses.

Overall, exports of goods rose by \$1.2 billion, less than in the previous quarter. Energy products and industrial goods were the main contributors to the recovery in goods exported

Balance sheet

Overall, exports of goods rose by \$1.2 billion, less than the previous quarter.

- **Automobiles** Exports of automotive products continued to gain ground, up \$1.9 billion, with automobiles surpassing the \$10-billion mark.
- **Equipment** Machinery and equipment exports rose \$1.2 billion, as volumes increased after six quarters of declines.
- **Services** The deficit on trade in services expanded by \$300 million in the second quarter.

in the previous three quarters, but they both declined in the second quarter.

THE ASSOCIATED PRESS

Auto industry on the rebound

Canadians were in a vehicle-buying mood in July, according to figures in the latest Global Auto Report from Scotia Economics.

The report says Canadian sales advanced to an annualized 1.65 million units in July, lifting volumes at several automakers to the highest July on record. It was the second monthly rebound in a row after a weak performance in May.

THE ASSOCIATED PRESS

Go big

Canadians are shifting away from small cars, with segment volumes declining two per cent year-over-year through July.

► **On the decline** Small cars traditionally dominate the Canadian market, but their share has slumped to less than 29 per cent so far this year, the lowest level in more than a decade.

Airlines report net profits

The International Air Transport Association says 47 major carriers it monitors reported a net profit of \$3.9 billion US in the second quarter. The results contrast with the \$881 million net loss posted by carriers a year earlier.

Geneva-based IATA says airlines in North America and the Asia-Pacific region

1.3B

IATA says European carriers' results were boosted by a \$1.3-billion asset sale, without which they would have posted further losses.

performed best. Airlines benefited from stable fuel prices and slowly improving demand over the past months, IATA said.

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EMPLOYMENT

Private outdoes public

Statistics Canada says public employment slipped in comparison to overall employment in the second quarter of the year.

It says 3.6 million people, or 20.3 per cent of all those working, held federal, provincial, municipal or territorial jobs in

the second quarter, down from 20.5 per cent the previous quarter. The decline was attributed to growth in private sector employment during the period.

The agency says the quarter-to-quarter 0.2 per cent drop in government jobs was primarily concentrated in the provincial and territorial general sector, where employment slipped 0.9 per cent. School board jobs were down 0.3 per cent.

THE ASSOCIATED PRESS

Quebec gas field sparks debate

The Quebec government says it's moving cautiously forward in allowing oil-and-gas companies to explore the region. Quebec sits on a massive natural gas field. THE ASSOCIATED PRESS

Consumer spending on the rise

Americans spent last month at the fastest pace in four months, helped by a jump in demand for cars. Consumer spending rose 0.4 per cent in July.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
+ 15.83 (11,895.55)	- 0.72¢ (94.30¢ US)	- 47¢ US (\$74.70 US)	\$3.812 (+ 10.7¢) Gold contracts \$1,237.10 (+ \$1.50)

PULLING THE PLUG ON TOXIC FRIENDSHIPS

She says ...

**JESSICA
NAPIER**



Good girlfriends are hard to find. There are the ones you love with all of your heart, and then there are the ones you kind of love ... to hate.

Let's be honest, we've all known them at one point in our lives. A toxic girlfriend is one who is unreasonably jealous or ultra competitive. She is the friend who flirts a little too much with your boyfriend and always has a way of subtly putting you down. She's unreliable, inconsiderate, manipulative and a little bit wacko. More foe than friend, a poisonous pal will contaminate your free time with her dramatic behaviour and Mean Girls-

inspired antics.

Of course, these stressful relationships rarely start out this way — only a masochist would voluntarily sign up for this kind of emotional abuse.

Like a long-term romance, a friendship is constantly changing and evolving. Every once in a while a perfectly platonic partnership becomes a bit unbalanced. When you're so close to the situation, it's hard to recognize when a one-time BFF has turned bitter, slowly eroding your self-esteem one thinly veiled insult at a time.

It should be easy to realize that you should dump a self-absorbed drama queen like a barrel

of hazardous waste. But when it comes to frenemies, we tend to make excuses for their abhorrent behaviour in the hope that one day they might grow out of it. The longer we endure these unhealthy relationships, the more trapped we feel.

"While a soured friendship might be exhaustive to maintain, it is even more difficult to end."

While a soured friendship might be exhausting to maintain, it is even more difficult to end.

There's no handbook when it comes to breaking up with a gal pal. Ideally, you should have an honest conversation where both parties reveal their true feelings and, ultimately, hug it out. But let's face it: Most of us are not that mature. Confrontations like

this are uncomfortable and awkward, and usually end in tears on both sides.

I usually opt for the more cowardly route. I allow these friendships to disintegrate over a slow, excruciating period of ignored phone calls and geographic evasion tactics until she eventually gets the hint. Yes, this is a childish and passive-aggressive way of dealing with my feelings, but avoidance seems so much less unpleasant than all that crying.

However, at the end of the day, life is too short (and far too busy) to spend so much time dodging that best friend gone bad. The older we get, the more we realize who those true friends really are. So perhaps it's time to get real and let that bad girlfriend know you're just not that into her anymore.

Cartoon

MICHAEL DE ADDER

JACK LAYTON DEMONSTRATING THE NDP'S POSITION ON GUN CONTROL:



High rollers learn early

**Worth
Mentioning**

The Thai government is publishing a new series of parenting brochures that instructs families how to keep their children from gambling on soccer matches, after kids as young as seven were found betting on the World Cup.

"The Guide to Watching Football With Your Children and Loved Ones," will be the first in a three-part series to be distributed at schools nationwide in October, Thanakorn Komkris, a co-ordinator at the Thai Health Promotion Foundation, said yesterday.

The agency, which is under the Prime Minister's Office, is sponsoring the series that uses cartoon characters to convey that

Cashing in



professional soccer can be a fun family event — and one that sometimes requires parent supervision.

The new guide will be aimed at children of primary school age and teens and will seek to inform them of the dangers of gambling, while trying to motivate youths with "inspiring stories

from world-class football players," Thanakorn said.

Gambling is illegal in Thailand, technically, but it remains a national pastime. Betting is common at sports events, at underground casinos or along the Cambodia border where casinos have flourished in recent years to cater to Thai customers.

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you must ...**

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Metro Minute at Stadium LRT

The area around the Stadium LRT station is scheduled for a facelift.

A Transit Oriented Development Plan (TOD) is now being developed for the area near the LRT station. A TOD is how planners describe urban development with transit at its core.

The Stadium area is the third of the city's TOD

projects.

A series of community workshops began in 2009 and continue through 2010 to get input from area residents.

The goal is to transform the area into a vibrant and attractive, higher density, mixed use, walkable and transit-oriented community.

● METRO EDMONTON



► The area around the Stadium LRT is slated for a facelift.

2 scene

News in brief



Brad Pitt is the NFL's voice for its upcoming documentary on the New Orleans Saints' Super Bowl victory.

Pitt narrates NFL Films' documentary, *America's Game: 2009 New Orleans Saints*, about the team's win over the Indianapolis Colts last February. The film debuts on the NFL Network on Sept. 8, the night before the Saints begin their title defence.

The NFL traditionally seeks out a celebrity narrator for its annual Super Bowl documentary. Pitt was chosen because of his humanitarian work in New Orleans in the five years since Hurricane Katrina, the league said.

Past narrators have included Alec Baldwin, Morgan Freeman, Gene Hackman, Ed Harris, Martin Sheen, Bruce Willis and James Gandolfini. Mad Men star Jon Hamm narrated last year's film on the Pittsburgh Steelers' 2008 Super Bowl win.

THE ASSOCIATED PRESS



Anna Nicole Smith drug case resuming with uncertainty over testimony by nannies.

- ◆ Funny men and women are using Twitter to connect with fans, test out joke or just rant
- ◆ Jimmy Fallon leads the comedy charge with 2.7 million followers



► Comedian Michael Ian Black is one of the funniest regular Twitter users, with more than 2,500 tweets and counting.

Comedy in 140 characters or less

Earlier this summer, Michael Ian Black took to his blog to defend himself against those appalled that the comedian was — gasp! — inserting rare advertisements to his popular Twitter feed.

Black explained that occasionally hiring himself to sell products “allows me the freedom to take less well-paying jobs like making soon-to-be-cancelled television shows.”

Then he made a more serious point.

“As of today, I’ve written 2,655 tweets,” Black wrote. “That’s a lot of free material, all of it contributing to the entertainment of the 1.5 million people who follow me, as well as the multibillion dollar capitalization of Twitter itself.”

Black is not alone in his situation. Many of the most popular people on Twitter are comedians,

and they are collectively perhaps the best. They know how to be economical with words, and they write about more interesting topics than what they had for breakfast.

But comics have a different relationship to the social networking website. It is, after all, their job to make brief, pithy observations and craft precisely worded one-liners. Like news outlets, comedians

have to question how much “content” they want to tweet away.

Black says he recognizes some downside to giving away material for free, but believes the pros far outweigh the cons.

“For me, it does two things,” Black says of tweeting. “One, it gives me the chance to try out jokes. And two, it forces me to write jokes in the first place.” THE ASSOCIATED PRESS

Top tweets from the comedy world

A few examples of top-notch tweeting:

- “I’ve grown tired of firework displays. China, please come up with something else for our country.” — Kevin Nealon.



- “I have a Far Side cartoon almost done of a movie theatre packed with disappointed deer watching *Salt*.” — Mindy Kaling.

- “The Muzak version of *Careless Whisper* in this lobby has turned a bad song into a sonic hate crime.” — Patton Oswalt.

- “Either the gnomes in our garden are real or someone just hit me in the head. Oh, wait. It’s just the booze. Forget I said anything.” — Paul Feig.

- “Walking in New York I make eye contact with people’s dogs more than with people.” — Kristen Schaal.

- “When you read *Self* magazine aren’t you always a little disappointed that there’s nothing about you in there?” — Jim Gaffigan.

- “This is my twitter cycle: Tweet, tweet more, tweet worse, stop tweeting, regret tweets, swear never to tweet again. Wait. Tweet. Repeat.” — Louis C.K.

THE ASSOCIATED PRESS

BACHMAN TURNER RETURN TO ROOTS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONews.CA



When I was growing up in Winnipeg it was guaranteed that at least once a day you’d hear a Bachman Turner Overdrive song on the radio. Not only did the band produce some of the best drive-home music ever made, but when the city’s rock radio station was done playing 12 Led Zepelin songs in a row, they’d throw on some homegrown tunes. That meant a lot of Guess Who and BTO.

I’m more of a Guess Who fan, but I was still excited to hear that Randy Bachman had recorded a

new album with Fred Turner. It’s always a bit strange when a band you liked puts out a new album — it’s usually not very good, and I’m grateful that Randy and Burton Cummings have stuck to the hits, but somehow the duo’s self-titled, released next week, sound vintage BTO. I spoke to Turner this summer and asked him why they chose to replicate their sound — he says it was all Randy. “He wanted to go back to the 70s mindset,” Turner explains. It had a lot to do with the chemistry between the two musicians, he says; it felt like nothing had changed since 1973, when the band wrote their huge hit *Takin’ Care of Business*.

Of course, a lot has changed. Bachman left the band after 1975’s *Four Wheel Drive*, tried to start something new with Turner in the early 80s, joined BTO again briefly, then Turner left; BTO was in a perpetual state of near-collapse until Turner officially called it quits in 2004.

Bachman and Turner “had our moments” over the years, he says. “We had a nine year lawsuit through the 90s.” It was eventually settled, but even in the midst of the legal proceedings, the old friends found a way to play together. Turner recalls a time when Bachman had to play a gig in Winnipeg and wasn’t confident with his backup musicians. He called his

former bandmate and asked him to join him, which he did.

Whatever happened between them seems to be history. Luckily, though, Bachman and Turner won’t get the chance to return to their old ways — this isn’t a full-time gig. Turner says that while he’s excited to play he’s got no intention of becoming a career musician again. “I don’t want to be as busy as Randy likes to be,” he says. “He’s still going 200 miles an hour and I’m a long way from that. I said this is your thing, you work it the way you want and I’ll be there. It’s actually taken off so strong that it’s become a bit too busy for me. But I’m still willing to go with it.”

DVD Releases this week

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Caine gets revenge

Harry Brown**Genre:** Thriller**Director:** Daniel Barber**Stars:** Michael Caine, Emily Mortimer
●●●●

Four decades after Clint Eastwood made cynical sport of lawless punks, Michael Caine dons the Dirty Harry mantle to administer rough justice on the grimy streets of Blighty.

His Harry Brown is a bottled-up ex-Marine whose stopper has been yanked by one too many neighbourhood outrages.

Recently widowed, which only partially



explains his dour character, Harry is content to just live the rest of his days on a meager pension in his small public housing flat in London's East End.

He's not blind to the drug dealing and violence of the young punks who rule his rough-and-tumble housing estate, but

neither is he inclined to do anything about it.

The knives come out after Harry's close pal Leonard (David Bradley) unwisely chooses to use a pedestrian tunnel the gang members consider their personal domain.

● PETER HOWELL

**The Wild Hunt****Genre:** Thriller**Director:** Alexandre Franchi**Stars:** Ricky Mabe, Tiio Horn, Mark A. Krupa
●●●●

Most of the fundamentals are covered in this tale of medieval role-playing gone awry: a strong cast, great story and convincing costumes and sets. But the

pluses are almost undone by wildly uneven camera work, lighting and editing. Mark A. Krupa is Viking-obsessed Montrealese Bjorn, who has become so involved in running amok for fun, he's lost all connection with real life. The Wild Hunt remains an impressive achievement.

● PETER HOWELL

**Babies****Genre:** Documentary**Director:** Thomas Balmes**Stars:** Bayar, Hattie, Mari, Ponijao
●●●●

Can you saw "awwww" in four different languages? Actually, it's all the same wherever you are, and that's precisely the point of this beguiling documentary by French filmmaker

Thomas Balmès. He follows four infants from different parts of the globe, tracking them from birth to age one. The babes are from Tokyo, San Francisco, Namibia and Mongolia, two from cities and two from rural regions. Insights aren't deep, unless you're looking for affirmation of the truism that people are the same all over.

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Michael Jackson may be exhumed

► Dr.'s defense wants to challenge cause of death ► Family 'dreading' idea of digging up remains

Michael Jackson's remains may have to be exhumed for further testing in connection with the manslaughter trial of Dr. Conrad Murray, according to News of the World.

Murray lawyers reportedly want to challenge the findings of the original autopsy, arguing that misuse of other drugs brought about Jackson's death, not the drugs administered by Murray.

"If the tests don't concur with the coroner's findings, they have the start of a strong defense," a source says. "The logical next step would be to exhume the body to make new tests."

Jackson's family is reportedly "dreading" such a situation. "They laid Michael to rest and for him to return is just sick," a friend of the family says.

THE ASSOCIATED PRESS



► Jackson's doctor, Conrad Murray, wants to argue the singer died of misuse of other drugs.



► Neil Patrick Harris, left, and partner David Burkta

Neil Patrick and partner getting ready for fatherhood

Neil Patrick Harris is spending his time studying and resting in anticipation of the arrival of his and partner David Burkta's twin babies due in the fall,

according to People magazine. "[I'm] very, very excited. It's the big, crazy calm before the ridiculous storm," Harris says. "I'm trying to read as much as I

can, and prep as much as I can. But there's only so much you can do because each baby is super individual and totally their own person." • METRO

George Michael looking for rehab credit in sentencing

After pleading guilty to marijuana possession in connection with his July car crash in London, George Michael is hoping the fact that he checked

himself into rehab immediately after the accident will help with next month's sentencing, according to Popcrunch. "I feel you should know that

on the day after the incident I checked in to a clinic for a 14-day detox program here in London," the singer posted on his Web site. • METRO



► George Michael

Talking points

Lohan catches a legal break

JUST A WARNING. It seems Lindsay Lohan's luck with the law is improving. The fresh-out-of-rehab actress hit the town in Los Angeles recently, serving as designated driver for her friends, and was reportedly speeding and running through stop signs in her new Maserati, according to Pacific Coast News. Sources say a police officer pulled her over, but Lohan managed to get off with just a warning.

Not that it matters ...

NURTURING. While still dodging questions about Mariah Carey's possible pregnancy, Nick Cannon can't seem to keep parenthood off his mind. "She's very nurturing," he tells People magazine of his wife. "She's nurturing with me and makes me breakfast at anytime and that's my favorite food. It would be, like, 3 o'clock in the morning and she will still make me waffles. She'll be the best mom." • METRO



Celebrity tweets

Paris Hilton

[@ParisHilton] I'm so thankful to all my fans for all the love and support you are giving me. Thank you all. Love you so much. Love Paris xoxo



Samantha Ronson

[@samantharonson] Can't believe I just got to work and had the wrong purse. Instead of a laptop I found a bag of Well, u know.



Conan O'Brien

[@ConanOBrien] Someone just explained to me that I don't get paid for tweeting. I'm going to miss you guys.



Ben Stiller

[@RedHourBen] Is there a decoder book for Glenn Beck speeches?



Arrest is a bad career move

JOBLESS. It hasn't been the best week for Cy Waits, Paris Hilton's boyfriend. First he was arrested for driving under the influence in Las Vegas over the weekend — when Hilton herself was busted for cocaine possession — and now he may be out of a job, according to E! News. Waits had recently been promoted to head of nightclub operations at the Wynn Hotel in Vegas, and sources say he was fired within hours of his arrest. • METRO

Looking for another reason to get excited about the 2011 IKEA Catalogue?

Go to CaptureThePage.ca for a chance to win \$10,000 in IKEA gift cards, and lots of other great prizes.



Any space can be beautiful.

► Last year, little Stella Biblis was born — from frozen sperm. ► When her dad, Chris, was a teenager leukemia patient, he allowed doctors froze his sperm. ► Otherwise radiation treatment would have killed it. Today lots of young men with cancer do the same.



► When it comes to in-vitro pregnancies today, there's even hope for women when it comes to freezing technology.

Honey, I Froze the kids

ELISABETH BRAW
WELLNESS@METRONEWS.CA

When Chris Biblis was diagnosed with leukemia at age 16, doctors knew he'd survive only with radiation treatment. Unfortunately, Biblis's testicles had to be radiated, too. Chris would be infertile.

It was 1987. Back home in Alabama, Biblis's mother happened to read a news article about British doctors who froze sperm. She decided she wanted her son to freeze his sperm, too, to give him a chance of later having a family.

"I sort of thought it was a good idea," recalls Biblis, now 40, "but it was totally embarrassing. I had to drive several hours with my father to give the specimen."

Biblis's unusual choice paid off: last year, he and his wife welcomed a

50 percentage of male cancer patients who have frozen their sperm and later conceive using frozen sperm

healthy baby, Stella. She was conceived using Biblis's 22-year-old sperm. "It was like any other in-vitro (test-tube) pregnancy", explains Chris's wife, Melodie.

"When we decided to do it, we didn't realize that it was somehow unusual to use 22-year-old sperm."

It was only one baby has ever been conceived using older sperm.

That's because in 1987, sperm-freezing of any kind was highly unusual. But today, young male cancer patients are routinely asked to give sperm specimens, to be stored until they're ready to start a family.

"I feel lucky to be alive after cancer. But I feel more lucky being a father." CHRIS BIBLIS

The demand has grown since 80 per cent of children and adolescents with cancer now survive.

"Having babies is often the last thing on teenage boys' minds," explains Dr. Richard Wing, who heads Reproductive Endocrinology Associates of Charlotte, North Carolina.

"But chemotherapy and radiation often result in men having no sperm, and frozen sperm can last for decades."

Wing helped the Biblis-es conceive. Today female cancer survivors, too, have better chances of conceiving. Eggs can now be frozen using rapid-freezing technology that makes

them more viable; about one fifth of frozen eggs result in pregnancies.

"But women can't just provide eggs for freezing," explains Wing.

"It takes two-three weeks to prepare their ovaries for ovulation, and the eggs' viability depend on how far the cancer has gone."

In the past, young single women with cancer faced the dilemma of freezing their eggs with little chance of success or fertilizing their eggs using a sperm donor.

But even with optimistic prospects of post-cancer parenthood, many turn down their only chance.

When Chris Biblis delivered his sperm sample, he had no thought of his little Stella, now teething.

"I feel lucky to be alive after cancer", he says.

"But I feel more lucky being a father."



Two questions

Dr. Safaa Maxwell of the London Fertility Centre answers questions about rapid egg freezing.

► Whose fertility is more affected by cancer, men's or women's?

"Women's. Even 80 per cent of men with testicular cancer manage to conceive. On the other hand, women who have cancer are often on treatment for several years, and by then it may be too late for them to have babies anyway."

► Rapid egg freezing is a promising prospect for women. Which other methods are currently being developed?

Ovarian tissue freezing. The ovary is removed and frozen. Later it can be transplanted back to the body where it can continue to function again. There's also in-vitro maturation, where immature eggs are collected and matured in the lab. This has been tried on some young cancer patients as young as five years.

3

life

Technology



A Canadian scientist is pioneering an experimental procedure to repair damaged eyes using artificial corneas. Dr. May Griffith, a senior scientist from Ottawa, teamed with Swedish colleagues to try to restore eyesight of 10 patients with damaged corneas. They surgically removed the patients' injured corneas and replaced them with artificial ones. Vision improved in six of the 10 patients, and the other four could see better when they wore contact lenses. The nerves and cells grew back fully in nine of the 10 patients, while one patient's eyes have been slower to respond.

THE CANADIAN PRESS



Paralyzed computer engineer helps develop technology for kids with disabilities

Nobody is listening but, buds are bad

► Hearing loss affecting nearly 20 per cent of teens today ► Learning how to preset maximums on your headphones will save your ears in the long run



CELIA MILNE
WELLNESS@METRONEWS.CA

"Turn it down! You'll go deaf!"

Sound familiar? Mom always said listening to loud music would affect your hearing. Well, a new study has given her some ammunition.

Loss of hearing is affecting five per cent more adolescents than it was 15 years ago, according to hearing experts who analysed U.S. survey data.

If people around you on the subway can hear your music right through your ear phones, your tunes are too loud, they say.

It's a good idea to preset the volume on electronic music devices to between half and two-

25%

One quarter of young people entering the workforce had the early warning signs of hearing loss and almost five per cent more had abnormal results on hearing tests, according to a 2005 study by WorkSafe BC.

CELIA MILNE

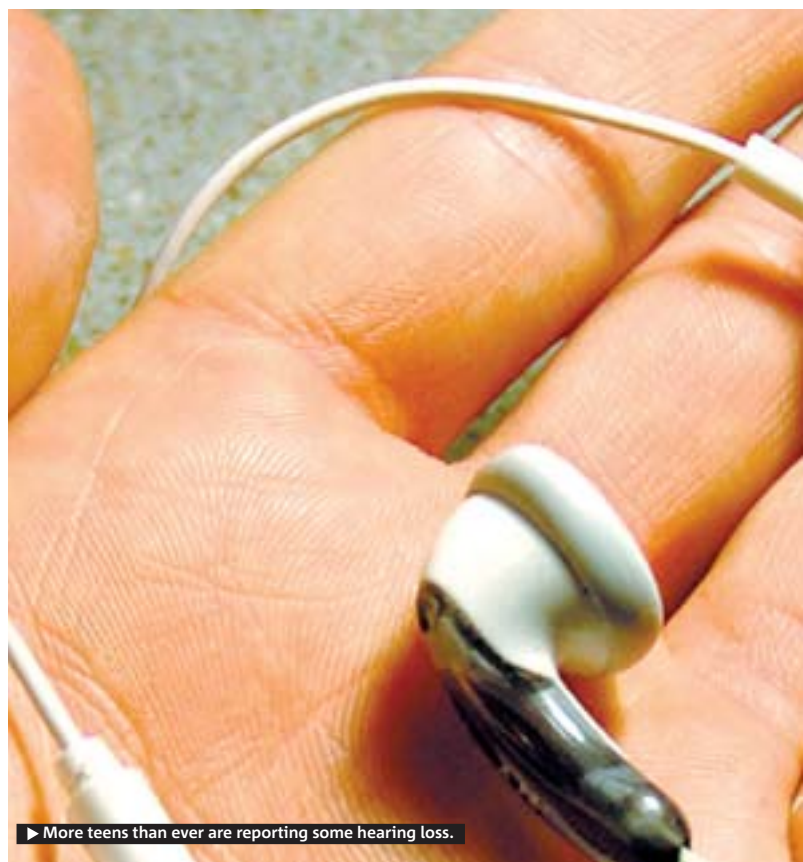
1,000,000

In Canada, more than a million people say they have a hearing-related disability. This is twice the number of people with sight-related problems.

Eavey and colleagues studied results from a large, population-based study called the National Health and Nutrition Examination Survey (NHANES), involving thousands of adolescents ages 12 to 19.

They found that hearing loss is now affecting nearly 20 per cent of teens, and they are worried it is the beginning of an epidemic.

thirds of maximum, suggests Dr. Ron Eavey, an otolaryngologist from Nashville, Tenn. Most devices play at up to 120 decibels, while anything above 85 is considered bad for hearing.



► More teens than ever are reporting some hearing loss.



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More omega-3 fats don't help heart disease: Study

► Fatty acid once thought to have helped those prone to attacks

Eating more heart-healthy omega-3 fats provided no additional benefit in a study of heart attack survivors who were already getting good care, Dutch researchers report.

After nearly 3 1/2 years, there was no difference in deaths, heart attacks and other heart problems between those who ate margarine with added omega-3 fatty acids and those who didn't, the study found.

"Adding a little bit of omega-3 fatty acid does not seem to make a difference."

ALICE LICHTENSTEIN,
A TUFTS UNIVERSITY NUTRITION PROFESSOR

The results don't mean that getting more of the essential nutrient has no value. Several studies have offered evidence that the fats — mostly from fish oil — reduce heart disease.

But for heart patients

who are carefully treated "adding a little bit of omega-3 fatty acid does not seem to make a difference," said Alice Lichtenstein, a Tufts University nutrition professor, who was not involved in the re-

search.

Omega-3 fatty acids are thought to help reduce the risk of abnormal heartbeats, slow the growth of plaque that can clog arteries and lower harmful fats called triglycerides.

In recent years, omega-3 has been added to some foods such as margarine and eggs, or labels highlight the omega-3 content of foods like tuna fish.

THE ASSOCIATED PRESS



► A little bit of omega-3 won't help prevent heart disease, a new study shows.

Flicker: NATHANMACIST



Hearing loss

It's hard to tell if you are losing your hearing because it happens gradually. Here are the signs of hearing loss resulting from ongoing loud noise

- ▶ When an ongoing noise stops, sound may seem muffled
- ▶ People seem to mumble
- ▶ Your ears ring
- ▶ People tell you the TV is too loud
- ▶ You keep turning up the stereo so you can hear it
- ▶ You feel pressure or fullness in your ears.

Department of Psychiatry, University of Alberta



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Dr. Esther Fujiwara, Department of Psychiatry, University of Alberta

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Nice over ice: Irish Whiskey

Liquid Assets



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

As you read this week's column I'm enjoying a little rest and relaxation in Ireland. Though I've only been here a few days I've already consumed my body weight in Guinness Draught so am now working my way to whiskey, which I'll spell with an "e" like they do here on the Emerald Isle.

The cult of Irish whiskey has been gaining membership for much of this century at the expense of single malt scotches and their blended brethren. An Irishman's lighter, sweeter side — thanks in part to a process of triple distillation — seems to have more over ice ap-

peal for non-brown booze drinkers than scotch (many of which taste like they could take the paint off your car).

A classic whiskey like Jameson (\$30.00 - \$31.99) — first made in Dublin in 1780 — is a super smooth spirit with an orange marmalade aroma and creamy sweet finish. It's so easy on the palate that you could almost drink it straight from the bottle (which I still might).

Northern Ireland's Bushmill's, the oldest distillery on the island, was licensed in 1608 with its Black Bush (\$36.99 - \$37.64) a quintessential Irish drop layered with warm malt and spice. Sláinte!

Prices reflect the range across the country. Some products may not be available in all provinces.



Gazpacho packs nutritional punch

THE ASSOCIATED PRESS



► Tomato and Italian Herb Gazpacho.

Conventional wisdom says that cooking vegetables tends to diminish their nutritional prowess. And while there is some truth to this, it isn't always the case.

Cooking tomatoes does diminish their stores of vitamin C, but it also concentrates other nutrients, such as lycopene (found in red tomatoes), a powerful antioxidant.

This Italian take on the soup is seasoned with fresh basil and oregano along with a liberal shot of balsamic vinegar. The addition of some fresh mozzarella cheese adds the protein and substance to turn the soup into a satisfying lunch or light supper. Serve with grilled slabs of crusty whole-grain bread to complete the meal. For a cooked version, spread the diced tomatoes on a rimmed baking sheet and roast at 200 C (400 F) until they start to brown. Let cool, then proceed.

Ingredients :

- 1.25 l cored and diced tomatoes (about 4 large)
- 1 large English cucumber, peeled and diced
- 1 chopped red bell pepper
- 1 medium red onion, chopped
- 75 ml balsamic vinegar
- 50 ml extra-virgin olive oil
- 75 ml chopped fresh basil
- 30 ml chopped fresh oregano
- 3 cloves garlic, minced
- 2 ml kosher salt
- Ground black pepper, to taste
- 170 g very small fresh mozzarella balls

Preparation:

1 In a large bowl, combine tomatoes, cucumber, bell pepper, onion, vinegar, oil, basil, oregano, garlic, salt and pepper. Stir to combine. Let the mixture rest for 15 minutes.

2 Using a food processor or blender and working in batches, process tomatoes to mixture until it is chunky smooth, 10 to 15 pulses in a processor. Transfer to a bowl, cover and refrigerate for at least 1 hour. To serve, divide gazpacho among bowls and top with mozzarella. THE ASSOCIATED PRESS

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another reason
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► Blair and Aila met at a barbecue and eloped in 2008.

WORK BARBECUE SPARKED ROMANCE

How We Met: Blair & Aila

I (Aila) met Blair at a work barbecue. He was in the Armed Forces, posted at CFB Gagetown in New Brunswick, and I was working as a civilian on the base. My friend was actually interested in him and, since Blair was much younger than me, I didn't pay much attention to

Names: Blair, 27, and Aila, 36

Hometown: Charlottetown

Together since: 2007

Their story:

him. We did, however, hit it off after discovering we had so many things in common. He emailed me

two days after we met and we've been together ever since. We eloped in Newfoundland in August 2008. Last year, Blair was released from the army so we could move to P.E.I., where he is originally from. We happily settled here in an old house with my daughter, and we're slowly making it both our home and a home-based photography business.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Tips for work-life balance

Do you ever wish there were more than 24 hours in a day? For lots of people, work-life balance is a never-ending battle with many things and people competing for our time and energy. While it's impossible to control all the factors that impact work-life balance, help achieve a better synergy by following these five simple tips:

1. Slow Down.

Life is simply too short, so don't let it pass you by. Take time to stop and enjoy the things and people around you. Plan downtime into your week and find some ways to distance yourself from the things that cause you the most stress.

2. Use technology to

streamline schedules.

While a pen and paper can help keep you on track, don't overlook technology as yet another weapon to make the most effective use of your day. Tools like Microsoft Office Outlook 2010 let you link each member of your family's calendar allowing you to see what everyone's got going on so you can plan accordingly.

3. Protect your personal time.

Effective time management involves knowing when to shut things down. Turning off a cellphone or other wireless device establishes boundaries between your personal and professional time.

4. Share the Load.

You don't need to do it all. Really. Even though we may sometimes feel we're the only ones capable of doing something, it's usually not the case. Get your spouse or children to help you with your personal/family responsibilities. Managing and taking care of the household should not be the responsibility of just one person.

5. Learn to say "no."

Taking on too many tasks can be stressful and overwhelming. Learn to say no to things when there's too much on your plate. This applies to both work and personal commitments. Rather than feeling guilty, you'll learn that saying "no" can be really empowering. **NEWS CANADA**

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KNOW THE SCORE

Your credit score can impact your ability to borrow, buy a home or car, and even to get a job. It reflects your level of financial responsibility and therefore you must diligently protect it. And, because of increased fraud and identity theft it's equally important that you ensure your credit report is accurate.

If you've paid back your loans on time, maintained revolving credit (credit cards or lines of credit), and not declared bankruptcy, you're probably in good

shape. But, if you've done some credit damage, you're going to have to repair your score.

If you're struggling with keeping up, see a credit counsellor. Check out creditcounsellingcanada.ca or creditcanada.com. They can help you negotiate new terms with your lenders.

There are two credit bureaus in Canada — Equifax (equifax.ca) and TransUnion (transunion.ca). You can request a free copy of your credit score by visiting their websites. It's important to know your credit score and do everything you can to protect it.

Making wine? Go ahead, make it fine

► Drink no wine before it's time — especially when you make it yourself ► Then savour the savings

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Here's my end-of-summer garden party nightmare; a brimming glass of the host's homemade wine and me attempting to keep the wine out of every sip.

One thing about a recession though, it opens your mind to what you didn't think you would ever want to do or drink.

Early summer found me in the fruit scented quarters of the Just Wine in Milton, Ont. I had driven by the place for 10 years and never once been tempted.



► Making your own wine can save a lot of money.

But I love my wine and despite a reported glut of the good grape plus a global economic meltdown wine prices haven't declined perceptibly. So, I bravely ordered two kits, 30 bottles of the best Australian Chardonnay and 30 more of the Napa Valley

Stag's Leap District Merlot, part of the Selection Estate series distributed by Wine Expert of B.C.

Both claimed gold medals in some tasting or other and both were the most expensive of their kind available in the store. If you are going to do it

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SCOTIA	1.25%
TD	1.10%
ALLY	2.00%

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yourself buy the best available. Even so, the cost per bottle was under \$5 for the white and under \$7 for the red (that doesn't include optional labels, 10 cents each, or bottles, \$1.10. You can also supply your own.)

Six weeks later I spent a happy hour bottling the Chardonnay and two weeks after that, the Merlot. Tasting both during bottling surprised me. Drinkable!

If all works out I estimate savings of at least \$2,500 a year — enough to take hubby and me on a very nice wine tasting holiday. Stay tuned for full tasting results in a couple of months.

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U.S. Open. Venus is back



► Venus Williams returns to Roberta Vinci yesterday at the U.S. Open.

CHARLES KRUPA/THE ASSOCIATED PRESS

Venus returns from knee injury with win at U.S. Open

Playing for the first time in two months after spraining her left kneecap, seven-time Grand Slam champion Venus Williams beat Roberta Vinci of Italy 6-4, 6-1 last night to reach the U.S. Open's second round.

Past U.S. Open champions Roger Federer, Andy Roddick and Kim Clijsters also won on Day 1.

But 32nd-seeded Lleyton Hewitt, who won the tournament in 2001, hit 12 double-faults and was upset by 109th-ranked Paul-Henri Mathieu of France 6-3, 6-4, 5-7, 4-6, 6-1. THE ASSOCIATED PRESS

'Not guilty, your honour': Clemens

► Case begins against baseball legend ► Charges include making false statements, perjury and obstruction of Congress ► Clemens still fighting allegations he cheated by doping

Roger Clemens put his right hand on the lectern, leaned down toward the microphone and made what might be the most important pitch of his life: "Not guilty, your honour."

Those words, uttered yesterday in a strong, confident voice by the seven-time Cy Young award winner sporting a black blazer and blond highlights in his hair, marked the official beginning of a

court case that could taint baseball even further and land the "Rocket" in jail.

U.S. District Judge Reggie Walton presided over an arraignment hearing that lasted less than 14 minutes in the ceremonial courtroom at the U.S. federal courthouse, across the street from the Capitol.

Walton set April 5 as the start of jury selection — the Monday of the first

30
If convicted, Clemens could face up to 30 years in prison and a \$1.5-million US fine.

full week of the 2011 baseball season, and also around the time a case involving Barry Bonds, the all-time home run king,

could be wrapping up in San Francisco.

Pete Rose, Darryl Strawberry, Dwight Gooden and Denny McLain are among former baseball stars to have spent time in jail.

Clemens and Bonds, who chased history on the field throughout their careers, now could be chasing history off it.

They are both in jeopardy of becoming the first

baseball star jailed because of a conviction related to the performance-enhancing-drug imbroglio that has sullied their sport for much of the past 15 years.

As he has throughout the process, Clemens again fought any suggestion that he cheated during a 23-season career that ended with 354 wins and 4,672 strikeouts.

THE ASSOCIATED PRESS

White Sox add Manny for push

Back to frighten pitchers who haven't seen him regularly in a few years, Manny Ramirez will try to get the Chicago White Sox back to the playoffs.

As expected, the White Sox claimed the unpredictable but productive 12-time all-star slugger on

waivers from the Los Angeles Dodgers yesterday, hoping his powerful bat can help them make a post-season push.

His first appearance for Chicago will come against the lowly Indians, the team where he began his career. THE ASSOCIATED PRESS



► Manny Ramirez

Rugby player faces murder charge

South African rugby union player Bees Roux was charged with murder yesterday after allegedly beating a policeman to death in Pretoria.

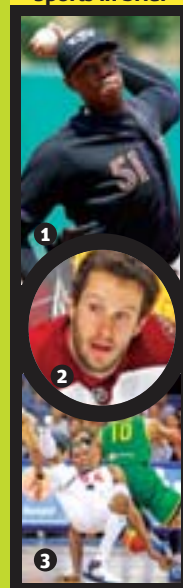
At a bail hearing in a courtroom crowded with police officers, Roux's lawyer said his client would

plead not guilty.

The 28-year-old Roux claims his car was being stolen and he was acting in self-defence, said the lawyer, who also claimed his client's credit card had been used at a restaurant after he was placed in custody. THE ASSOCIATED PRESS

4 sports

Sports in brief



1 Cuban defector Aroldis Chapman will be added to the Cincinnati Reds' bullpen for their playoff push.

2 Veteran forward Lee Stempniak has officially signed a \$3.8-million US, two-year contract with the Phoenix Coyotes.

3 The United States survived its first tough test at the world basketball championship, edging Brazil 70-68 yesterday. THE ASSOCIATED PRESS

Scan code for sports

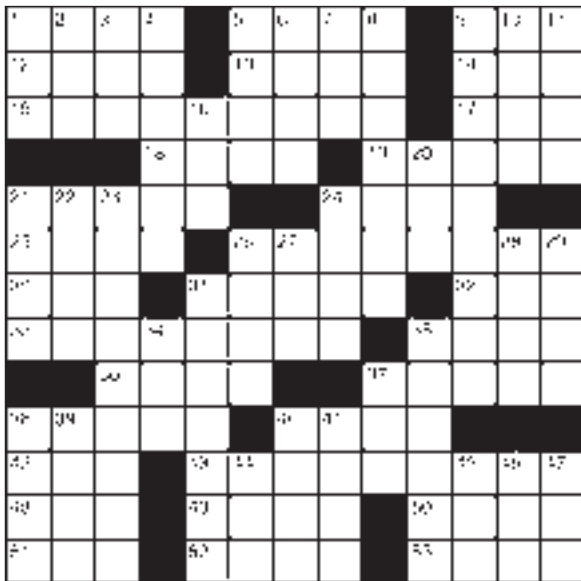
Crossword

Across

- 1 Fail to hit
5 Newspaper page
9 Taxi
12 Leading man?
13 Prepare a casse-
role
14 Exist
15 Summertime tops
17 Wire measure
18 Abound
19 Perfect
21 Hidden supply
24 Seed covering
25 "An apple — ..."
26 Last page, per-
haps
30 Aries
31 Song thrush
32 Mimic
33 All set
35 On the rocks
36 Skating arena
37 1990 Nicholson
film, "The Two —"
38 Cow catcher?
40 Slender
42 Type measures
43 Soft cheese
48 Biblical verb suffix
49 MGM mascot
50 Mid-month date
51 Actress Myrna
52 Ova
53 Freebie

Down

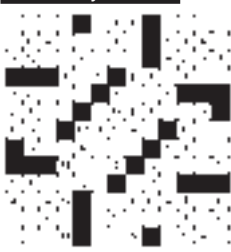
- 1 "Big" fast food en-
tree
2 McKinley's first lady
3 "Casablanca" pi-
anist
4 Forge
5 Reed instrument



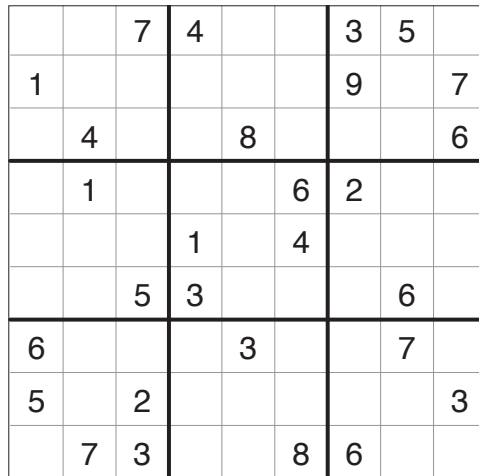
- 6 Date provider
7 — out a living
8 Wants
9 Phoenix mountain
10 Met melody
11 Phone inventor
16 Witness
20 Badly lit
21 Complain
22 Hebrew month
23 Averse to being
photographed
24 Kind of wit or test
26 Gloomy
27 12-Across' mate

- 28 Duel tool
29 Cincinnati team
31 Handcuff
34 Cherry stone
35 — pentameter
37 Olympian Thorpe
38 Spool
39 Grooving on
40 Urban pollutant
41 Contact, for one
44 2009 newsmaking
insurance co.
45 Tokyo's old name
46 Sleep phenom
47 Recipe meas.

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	9	7	4	1	5	3	6	8
1	3	4	9	6	8	7	5	2
6	5	8	2	7	3	4	1	9
3	4	5	1	2	7	8	9	6
9	7	1	5	8	6	2	4	3
8	6	2	3	4	9	1	7	5
7	8	9	6	3	4	5	2	1
5	2	3	7	9	1	6	8	4
4	1	6	8	5	2	9	3	7

A look at the weather

TODAY
Min 2°
Max 20°

WEDNESDAY
Min 4°
Max 18°

THURSDAY
Min 4°
Max 20°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



DEAN TREML/THE ASSOCIATED PRESS

Today's horoscope

♈ Aries March 21-April 20 A creative or artistic project can be taken to a higher level over the next few days, but it will require patience and persistence as well as your usual awesome energy levels.

♉ Taurus April 21-May 21 If you have promised to do something for friend or family member then you have no option but to see it through to completion, even if you are now having second thoughts.

♊ Gemini May 22-June 21 If you get your act together and get to work over the next few days you will achieve something out of the ordinary. You have never lacked for ideas but you do sometimes lack for application.

♋ Cancer June 22-July 22 You are in one of your can-do moods at the moment and whatever goal you set your sights on will be reached in record quick time. Don't forget to bring other people into your plans as well.

♌ Leo July 23-Aug. 23 Don't worry about whether or not you are doing the "right thing" today because in the greater scheme of existence the "right thing" is whatever you want it to be.

♍ Virgo Aug. 24-Sept. 22 There is something you should have finished weeks, maybe months, ago but for one reason or another never got round to completing. Now is the time to go back and get it done.

♎ Libra Sept. 23-Oct. 23 You will be extraordinarily dynamic today, so much so that others might start to wonder if you are on some kind of stimulant! The only stimulant you need is the realization that life is a wonderful adventure.

♏ Scorpio Oct. 24-Nov. 22 Try not to think too much about what you are doing today because you will do better when you just get on with it. Sometimes you over analyze the events of your life.

♐ Sagittarius Nov. 23-Dec. 21 Routine bores you at the best of times and if you have to follow a mapped out route today you may end up screaming. How did you get into this position?

♑ Capricorn Dec. 22-Jan. 20 You will be more energetic on a thinking level than a doing level today, and that's good because you need to get your head round certain ideas and concepts that don't come naturally to you.

♒ Aquarius Jan. 21-Feb. 18 Some people enjoy making a drama out of a crisis and it will be your job today to calm them down and point out that life is not so bad.

♓ Pisces Feb. 19-March 20 You should be promoting yourself for all you are worth now, not only because you are worth a great deal more than you have been getting but because you'll only get noticed if you make noise. **SALLY BROMPTON**

Caption contest



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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



MATT DUNHAM/THE ASSOCIATED PRESS



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Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm.
Dec. 21 • 1 wk.

\$1489

+Taxes & other fees
(including service charges): \$290

MEXICO

Cancun/Riviera Maya

Grand Sirenis Riviera Maya
Hotel & Spa • 5 ★

All-Inclusive • Junior suite
Dec. 21 • 1 wk.

\$1599

+Taxes & other fees
(including service charges): \$290

JAMAICA

Sunset Jamaica Grande
Resort & Spa • 4 ★

All-Inclusive • Standard rm.
Dec. 23 • 1 wk.

FREE upgrade
to oceanfront rm.


\$1799

+Taxes & other fees
(including service charges): \$280

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MEXICO via Calgary

Puerto Vallarta/
Riviera Nayarit

Canto Del Sol
Plaza Vallarta • 3 1/2 ★

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\$499

+Taxes & other fees
(including service charges): \$280

DOMINICAN REPUBLIC via Toronto

Samana

Grand Paradise Samana • 4 ★

All-Inclusive
Superior garden rm.
Sept. 19 & 26 • 1 wk.

\$679

+Taxes & other fees
(including service charges): \$326

CUBA via Calgary

Varadero

Sirenis La Salina Varadero • 4 ★

All-Inclusive • Standard rm.
Oct. 3 - 24 • 1 wk.

\$859

+Taxes & other fees
(including service charges): \$226

Golden Crown Paradise • 4 ★

All-Inclusive • Oceanview rm.
Sept. 18 & 25 • 1 wk.

\$629

+Taxes & other fees
(including service charges): \$280

Punta Cana

Occidental Grand Punta Cana • 4 ★

All-Inclusive • Junior suite
Oct. 2, 16, & 23 • 1 wk.

\$989

+Taxes & other fees
(including service charges): \$326

Santa Clara

Occidental Royal Hideaway
Ensenachos • 5 ★

All-Inclusive
Royal spa premium rm.
Jan. 8, 15 & 22 • 1 wk.


\$1569

+Taxes & other fees
(including service charges): \$226

JAMAICA via Toronto

Gran Bahia Principe
Jamaica • 4 1/2 ★

All-Inclusive • Junior suite
Sept. 5 - 25 • 1 wk.


\$1039

+Taxes & other fees
(including service charges): \$280

SAINT LUCIA via Toronto

The Village
Inn & Spa • 3 ★

All-Inclusive • Standard rm.
Sept. 12, 18, 19, 25 & 26 • 1 wk.

\$1329

+Taxes & other fees
(including service charges): \$246

ANTIGUA via Toronto

St. James's Club & Villas • 4 ★

All-Inclusive • Club rm.
Sept. 4, 11, 18 & 25 • 1 wk.

\$1659

+Taxes & other fees
(including service charges): \$257

USA

LAS VEGAS via Vancouver

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